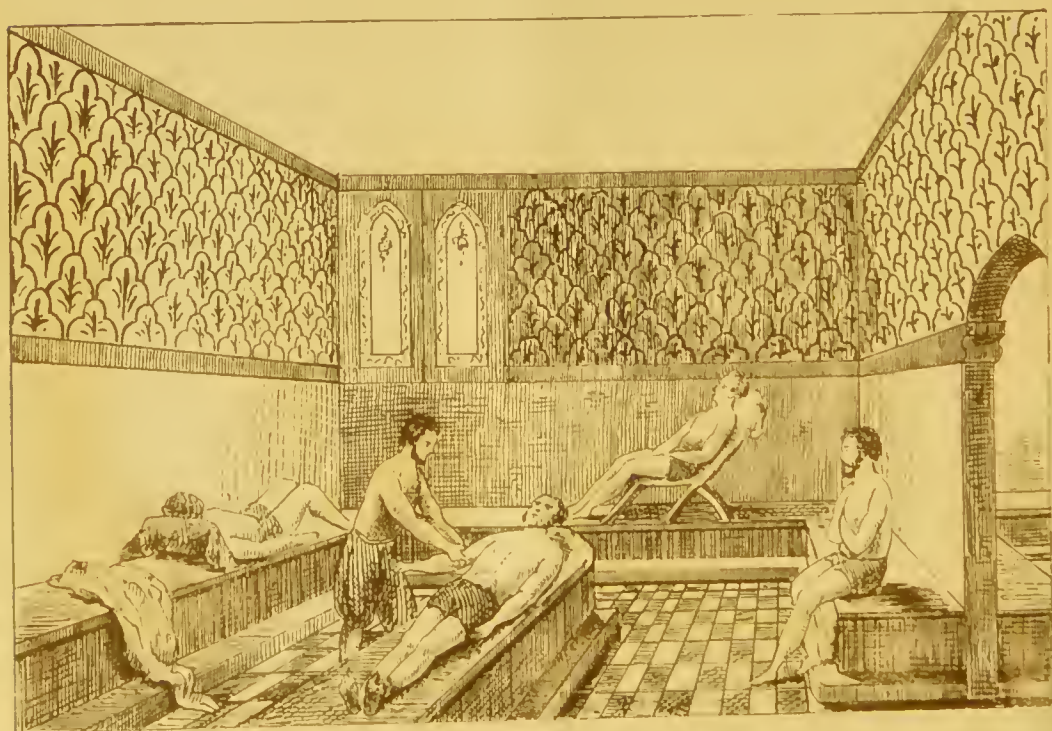


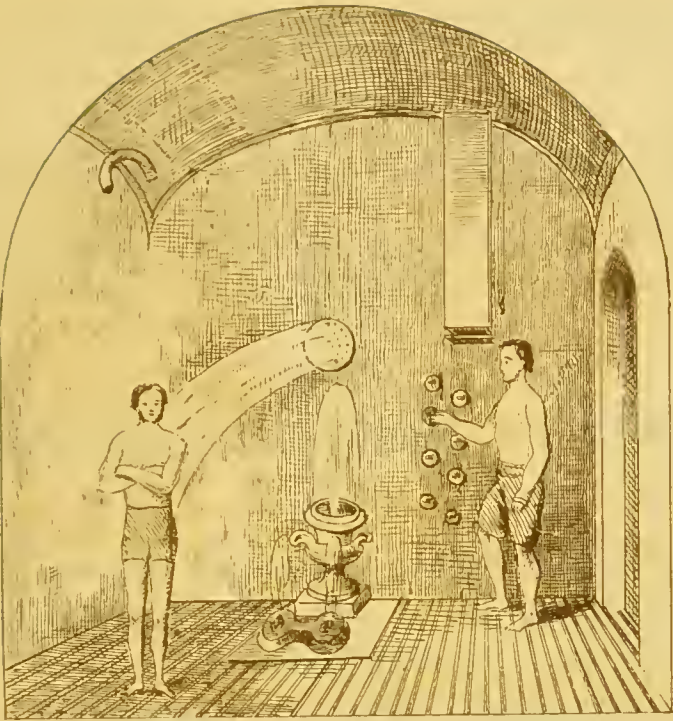




T E P I D A R I U M



S U D A T O R I U M



LAVATORIUM



REFIGIDARIUM



# THE TURKISH OR ROMAN BATH:

CONSISTING OF

PROFESSIONAL OPINIONS BY VARIOUS AUTHORS,  
CRITICISMS FROM THE MEDICAL JOURNALS  
AND REVIEWS,

AND BY THE

LOCAL AND PROVINCIAL PRESS;

TOGETHER WITH

A FEW OF THE RECORDED JUDGMENTS OF THOSE  
WHO HAVE USED THE BATH RECENTLY  
ESTABLISHED AT

**89 PRINCES STREET, EDINBURGH.**

COMPILED FOR PERUSAL IN CONNECTION WITH THIS INSTITUTION.  
(WITH ILLUSTRATIVE PLATES.),

BY

G. E. ALLSHORN, M.D.,

LICENTIATE OF THE ROYAL COLLEGE OF SURGEONS OF EDINBURGH,  
LICENTIATE IN MIDWIFERY OF THE UNIVERSITY OF EDINBURGH,  
EXTRAORDINARY MEMBER OF THE ROYAL MEDICAL SOCIETY,  
FELLOW OF THE BOTANICAL SOCIETY OF EDINBURGH.

Second Edition.

EDINBURGH:  
D. MILLER & SON, 18 HANOVER STREET.

---

MDCCCLXI.

PRICE SIXPENCE.

# CONTENTS.

---

	PAGE
Introduction, . . . . .	3
The Turkish or Roman Bath, . . . . .	5
Description of the Bath—Process of Bathing, . . . . .	6
Its Revival in Britain, . . . . .	8
The Hygienic Value of the Bath, . . . . .	9
Proper Temperature of the Bath, . . . . .	11
Its Use and Duration, . . . . .	11
Physiological Action, . . . . .	12
Medical Uses of the Bath, . . . . .	15
Objections Answered, . . . . .	17
Necessity for Efficient Supervision, . . . . .	19
A Preserver of the Health and Beautifier of the Complexion, . . . . .	21
Selected Opinions of the Newspaper Press, . . . . .	21
Selected Opinions of Visitors—Medical and Non-Professional, . . . . .	29

## INTRODUCTION.

---

NEARLY two years ago, I proposed to establish a Turkish Bath in Edinburgh, and at that time thought the best means of doing so would be by subscription. Finding, however, that although I had promise of liberal support, I could not obtain a convenient site for its erection, I was obliged to abandon the idea for a time, though by no means neglecting any opportunity of investigating the subject in a more efficient manner than I had previously been able to do, by obtaining from every available source reliable information as to the effects of the Bath on the animal economy, and testing its action, both in health and disease, to the utmost of my power.

This examination every day added to my conviction that it was an agent whose use, properly followed, would be highly beneficial to the community at large, possessing, as it does, in so eminent a degree, the power of refreshing and invigorating the system. I was satisfied that it must prove one of our most useful appliances for removing the fatigue, nervous excitement, debility, and exhaustion so often met with among those actively employed in the business of life, and counteracting their after effects, so dangerous, from laying a foundation upon which actual disease is most readily developed. It seemed to me, also, that it would be likely to prove a most valuable adjunct to the treatment of a numerous class of complaints not easily managed, and often decide favourably in instances when health and disease were wavering in the balance, an expectation in regard to which, I am happy to say, from experience, that I have not been disappointed.

Some time since, having been enabled to obtain a site in Princes Street, which was suitable for the purpose, I recurred to my original idea, and immediately commenced the erection of a Turkish Bath on the most perfect plan I was able to procure, and one

which appeared to me to unite, in a prominent manner, comfort and all the advantages to be derived from the process.

It has now been in operation for two months, having been opened to the public on the 1st July, under a bath attendant of much experience and skill. I am, therefore, able, with perfect confidence, to bring it before the notice of the public, as being one of the most comfortable and efficient Turkish Baths to be found in the three kingdoms, and which has been pronounced to be such by many who have visited it, whose experience in connection with the subject gives their opinions the highest value.

But, as it is still comparatively a new thing in this country, and there is yet a considerable lack of information among the general public with regard to it, I have been induced to compile the following pamphlet, with the view of showing what the Turkish Bath really is, its action, uses, advantages, and limits, preferring to do so in the words of those who have already, in a more thorough and efficient manner than I could hope in the same brief space to do, spoken or written on the subject, rather than to employ language of my own, thus producing the opinions of many competent judges directly to the reader, instead of one unsupported opinion.

G. E. ALLSHORN.

89 PRINCES STREET,  
*Edinburgh, August 31, 1861.*

# THE TURKISH BATH.

---

## I.—THE TURKISH OR ROMAN BATH.

OUR first extract is from an interesting little work, issued in Dublin in 1858, having the somewhat quaint title of “Life in a Tub,” by Diogenes, who takes the following weighty sentence as the motto of his treatise:—

“If men knew how to use water so as to elicit all the remedial results which it is capable of producing, it would be worth all other remedies put together.”—*Dr Macartney of Trinity College, Dublin.*

*What is the Turkish Bath?*

“The Turkish bath differs from all other baths in this, viz., that the heated medium is *air*, instead of water, and that all parts of the body are subjected to an even and equal temperature. The result is that, as man was constituted to breathe air, and not vapour, the Turkish bath may be enjoyed for hours at a time without inconvenience; whereas in the vapour-bath a person is able to remain but a very short period, from the want of a sufficient supply of air to the lungs. But there is also this difference between the two baths, that in both the vapour-bath and the vapour-box,\* the pulse is materially raised, whilst in the Turkish bath the pulse seldom rises above its usual state, which shows that the circulation of the system is very little affected by it—an all-important fact—to be thus accounted for:—The temperature of the human body, when in a state of health, is about 73 deg. Fahrenheit, which cannot be diminished without producing injurious results; but, as it is impossible always to maintain so low a temperature, Nature has provided, by means of perspiration, a safety-valve from the evil consequences which

\* In the vapour-bath, or vapour-chamber, the whole of the body is surrounded by vapour, whilst in the vapour box the head of the patient is exposed to the influence of the external air. In neither case can the bather endure a higher temperature than 120 deg. Fahrenheit; whilst in the Turkish bath a temperature of 300 deg. may be endured with perfect safety.

would arise from exposure to a high temperature—the principle on which she acts being as follows:—It is a physical law that, whenever evaporation takes place a considerable amount of latent heat (*i.e.*, heat not sensible to the thermometer) is absorbed, by which abstraction of heat the temperature of the body, from which the evaporation proceeds, is greatly lowered; but, as evaporation consists in the absorption of vapour by the surrounding air, it is evident that no evaporation can take place where that is already *saturated* with moisture, and it is also evident that the amount of evaporation will depend on the dryness of that air. Accordingly, in the Turkish Bath, the air being almost dry when perspiration takes place, it is followed by a rapid evaporation which cools the body, and prevents its temperature from rising above a healthful limit; whereas, in the vapour-bath and vapour-box, the air being saturated with moisture, evaporation cannot take place; and, consequently, as no means for reducing the high temperature of the body exist, the heat is thrown in upon the system, raising the pulse, producing feverish headache, and other symptoms of a deranged circulation, whilst a further derangement arises from an insufficient supply of air to the surface of the body. In the Turkish bath, again, the system, feeling that it has an ample supply of air, is not called upon to quicken the circulation through the lungs in order to obtain an increased supply, and thus another source of feverish headaches is obtained.\* These and other considerations give the Turkish Bath the pre-eminence, *longo intervallo*, over all other *artificial* modes yet invented for acting on the skin by perspiration."

---

## II.—DESCRIPTION OF THE BATH—THE PROCESS OF BATHING.

The following excellent description of the Turkish bath, and of the process of bathing, occurs in an able lecture by Dr R. Wollaston, F.R.C.S., Member of the Royal College of Physicians of London, &c., &c., read before the Literary and Philosophical Institution of Cheltenham, with the view of inducing the public authorities of that town to erect hot-air baths for the use of the inhabitants:—

"The Turkish or Roman Bath, is essentially a hot-air bath for the purpose of producing copious perspiration. The person, as he enters the building, finds himself in a lofty, capacious, and deco-

\* Headache is a serious inconvenience experienced in some baths, and deters many from future visits. Headache should never occur if the bath is well ventilated, and the water process judiciously carried out.

rated hall. On a raised platform placed around the hall are compartments divided by sereens or wooden partitions, each containing a couch; here he undresses, and an attendant throws a thin cotton gown over him. After he has had his bath, he returns to this room which is the *cooling room*, or *Frigidarium*; here the effect of the perspiration has time to cease, and here he may repose himself as long as he chooses—enjoying his pipe, cigar, or narghlie, coffee, sherbet, and other similar unstimulating drinks, and the conversation of his friends. It is a lounging room, and ornamented with ottomans and looking-glasses, fountains and perfumes, and is of the ordinary temperature of the season. The second chamber is the warm or *Tepidarium*; here the temperature is raised to about 100 deg. or 110 deg. Fahrenheit, and here he walks about, or sits on reeling chairs, as he feels inclined. This room is often beautifully decorated, the walls are of marble, or painted white, or with broad stripes of red, green, and blue; the floor has a handsome tessellated pavement, and frequently of marble; the dome is enriched with red, blue, green, and yellow lights, resembling stars and crescent moons, admitting a soft, shaded, and harmonious light. This is a preparatory room for the hot or sudorific chamber. Here the respiration is quickened, but not oppressive; the circulation of the blood rises several beats, the perspiration gently breaks out in ten minutes or a quarter of an hour, and a pleasant and luxurious sensation of relief follows. If thirst arises, the attendant is ready to give cups of cold water or lemonade, which is useful and agreeable. When he finds that the perspiration is sufficient, he conducts the bather to the next apartment. This third room is the real Hot Bath, or *Sudatorium*, where the full effect of perspiration is produced; the temperature is raised to 120 deg. or 150 deg.; and in a few minutes streams of perspiration flow from the whole body. Upon entering this chamber there is a momentary uncomfortable or even oppressive breathing, which readily subsides, when the perspiration bursts out fully. If there is thirst, the attendant supplies free potations of cold water. The shampooing now commences. The shampooer takes the hands and arms of the bather, and gently rubs them down, pressing more freely on the course of the main blood vessels, pressing them upwards; he then extends his manipulations in turns over every part of the body with an amount of friction. After this, he applies a soft soap made of powdered lentils, or Egyptian bean, and almond soap. This is a soft and most agreeable combination, and forms a thick white lather. The head and hair are washed as well as the rest of the body. The attendant uses a glove made of camel's hair, or a wisp of soft flax. The effect is marvellous; no one could believe it unless he has gone through the process. The secretions fall off in quantities to the satisfaction of the shampooer, who exults in seeing what a quantity of incrustated secretion he has detached, and I have been truly astonished at the quantity, even when the skin previously had appeared perfectly clean. At the

conclusion of this cleaning, warm water is freely poured over the body, and the soap is washed off. It is generally expedient to retire into a recess, or cooler chamber, and tepid water or cold water is applied, either as a dash or from a rose that is perforated, which falls like a refreshing shower, and nips up the pores, and prevents their undue relaxation. This cooling process is most salutary and delightful; and, in a physiological point of view, very important. While the circulating and nervous powers are exalted by heat, the power of the system to sustain the shock of cold is augmented. Cold at such a time is easily borne, without any repugnance or shivering; indeed, the application of cold is now not only exhilarating, but invigorating. The patient is now wiped dry, and, having put on a gown, retraces his steps to the *Frigidarium*, or cooling room, where he is again rubbed dry. He then partially dresses himself; and a moistened bandage having been placed gently around the forehead, to prevent too much reaction, he lies down for a few minutes to repose."

---

### III.—ITS REVIVAL IN BRITAIN.

In the course of our compilation, we shall have occasion to draw pretty liberally on a very popularly written work by a well known English surgeon, who deservedly enjoys a high reputation both as a practitioner and as a writer on medical topics. It is entitled, "The Eastern or Turkish Bath, its History, Revival in Britain, and Application to the Purposes of Health," by Erasmus Wilson, F.R.S. Our next extract is from this author, who, in the work referred to, after furnishing his readers with a most elaborate and interesting account of Baths and Bathing, tracing their history back to the very earliest period, characterises bathing as an animal instinct, its use coeval with the earliest existence of mankind, and common to every rank; and, after minute references to the adoption and general use of the Hot-air Bath by the Egyptians, Phœnicians, Assyrians, Romans, Moors, Turks, and by the early Britons, he thus recounts the story of its re-introduction and revival in our own country:—

"Let us now inquire—What the Turkish Bath has been doing in Britain, and how a desire to restore it first came among us? That it is among us is a fact beyond question, and that it has spread through society with marvellous rapidity no longer admits of doubt. In the year 1850, Mr David Urquhart (formerly M.P.),

published an interesting work, entitled 'The Pillars of Hercules; or, a Narrative of Travels in Spain and Morocco in 1848.' In the preface he says, 'I have no expectation that my suggestions will modify the lappet of a coat, or the leavening of a loaf; but there is one subject in which I am not without hope of having placed a profitable habit more within the chance of adoption than it has hitherto been—I mean the Bath.' The eighth chapter of the second volume is devoted to the Bath, and especially to a description of the Turkish and Moorish Bath; and the author refers to it in the conclusion of his seventh chapter in these words:—'A chapter,' says he, 'which, if the reader will peruse it with diligence, and apply with care, may prolong his life, fortify his body, diminish his ailments, augment his enjoyments, and improve his temper; then, having found something beneficial to himself, he may be prompted to do something to secure the like for his fellow-creatures.' Six years afterwards, that is in 1856, Mr Urquhart visited Ireland, and made the acquaintance of Dr Richard Barter, the proprietor of a water-cure establishment at Blarney. Dr Barter, struck with the conversation of Mr Urquhart, and delighted with his description of the Turkish Bath, which he subsequently read in 'The Pillars of Hercules,' wrote to him as follows:—'Your description of the Turkish Bath has electrified me. If you will come down here and superintend the erection of one, men, money, and materials shall be at your disposal.' Mr Urquhart, in his zeal for the cause on which he has so ably and so eloquently written, accepted the invitation, and a month later, the foundation-stone of the Turkish Bath of St Anne's Hill, Blarney—the parent of numerous baths which have since sprung into existence in Ireland—was laid. The chief of the pioneers of the bath in England, following the teachings of Mr Urquhart, are Mr George Crawshay, Sir John Fife, Mr George Witt, and Mr Stewart Rolland. The first private bath erected in England was that of Mr Crawshay, in 1857. In the same year, Mr Urquhart constructed a small bath at his residence at Lytham, and the year following commenced his elegant bath at Riverside, Mr Witt followed in 1858, and Mr Rolland in 1859."

## THE HYGIENIC VALUE OF THE BATH.

Testimonies could be easily multiplied as to the hygienic value of the bath, but the following extracts from the Reports for the years 1859 and 1860 of the Newcastle-on-Tyne Infirmary, will be a sufficient attestation. This Infirmary is one of the largest

in the kingdom, no fewer than 11,891 persons having been treated in it during the year 1859. The bath was added to it in 1857.

“The house surgeon says, in 1859,—‘As far as I have observed, the extreme heat exerts less influence on the *heart* and circulation than the *ordinary warm bath*, and, in order to bear out this assertion, I may state that in some cases in which the pulse and stethoscope gave *unmistakeable* evidence of *heart* disease, such patients have undergone the process without attendant mischief, and with most unlooked-for benefit.’ In his report for 1860, he says,—‘As to the application of the bath to particular cases, I have only to state that another year’s experience has confirmed me in the opinion expressed in my last report, as to its great value in cases of Rheumatism, both acute and chronic, Dropsy, Skin Diseases, Catarrh, Influenza, and Ague. There is another class of cases, viz., chronic bronchial affections of old people, attended with a dry condition of the mucous membranes, and also phthisis, in which I believe the bath to be of great use, and chiefly from its influence upon the sweats, so debilitating in that disease.’”

The following appeared in the number of *The Lancet* for 11th February 1860 :—

“There is a strong movement in the metropolis towards the introduction of the Turkish Bath, founded on the principle of the old Roman Bath. The discipline is very severe, since the alternations of temperature in the Tepidarium and Frigidarium are excessive, but there is not any painful sensation endured in passing through these changes, and the general result is peculiarly agreeable;” and in the number for 22d December of the same year, the farther progress of the movement is thus chronicled :—“A prospectus has been issued of the London and Provincial Turkish Bath Company, with a capital of L.100,000, in shares of L.5 each.”

In *The Lancet* for 5th January of the present year was the following farther intimation on the subject :—

“We are glad to learn that a company will shortly be registered for re-establishing the ancient Roman or Hot-air Bath in the metropolis. This description of bath is said to be an improvement on the so-called Turkish Bath; and as the promoters intend to consult the opinions of the profession in regard to the temperature of the Sudatorium, we may hope to hear no more of the injurious consequences which have arisen from the indiscriminate use of hot air, raised to 150 deg., and even to 180 deg. Fahrenheit”

Turkish Baths are now established in almost all large towns in the three kingdoms, and promise speedily to become a recognised institution among us.

#### IV.—THE PROPER TEMPERATURE OF THE BATH.

After demonstrating the great importance to the human system of free perspiration, expatiating on its delights, and proving man's capability of supporting very high temperatures in *dry air*—a proposition which he satisfactorily establishes by a reference to several extraordinary but thoroughly authenticated instances of endurance in this respect—Mr Wilson, in his work, from which we have already quoted, proceeds to descant thus on the best temperature of the bath :—

“ Man, who would be scalded by water at a temperature of 110 deg., and vapour or steam at 120 deg., can bear, for a short time, dry air at a temperature of 500 deg. Fahrenheit, and upwards. But this does not so much concern us as the question, *What is the best temperature of bath for the purposes of health?* My answer must be, a moderate temperature—a temperature ranging in medium limits between 120 deg. and 140 deg. The Romans, who lost the bath, used very high temperatures, the Turks have recourse to very moderate temperatures. The intention of the bath being to *warm*, to *relax*, to induce a *gentle, continuous, and prolonged perspiration*, it is obvious that a gentle temperature will effect this object more thoroughly and completely than a burning, parching temperature of 150 deg. and upwards. Our purpose is not to dry up the tissues, to rob the blood of its diluent fluid, but to soften the callous scarf-skin, that it may be peeled off, and to take away the excess of fluids pervading the system, and with this excess any irritant and morbid matters which they may hold in solution.”

#### V.—ITS USE AND DURATION.

The following hint as to the period during which a person may continue to remain in the bath, is also from Mr Wilson's work, and will be found useful :—

“ In my experience it has rarely happened (says Mr W.) that a beginner has felt any inconvenience on his first entrance into the bath. The practised bather is never disturbed from the beginning to the end of the process ; but the beginner may, after the first quarter of an hour, or when the perspiration is coming forth in abundance, feel a little oppression, sometimes a little faintness, and sometimes a little increased action of the heart. *Whenever this is the case he should step out of the Calidarium ;* if there be a Tepi-

darium he will go into it, if not, he may step into the Frigidarium. The uneasy feeling soon passes away, and then he should return to the Calidarium. He may do this as often as he likes, and with the most perfect safety; and *with this hint* it will be his own fault if he suffer any inconvenience whatever.

“How long shall I continue in the bath?” says Amieus. As long, my friend, as may be agreeable to yourself. You do not ask me how long you shall eat, nor how long you should sit at table. The instinct that tells you to place your knife and fork across your plate, must also direct you in finishing your bath. Something will depend, it is true, on the temperature and the rapidity of the process of perspiration. If the temperature have been very agreeable, and perspiration slow, continuous, and efficient, you may pass the best part of an hour in the Calidarium. If it have been too hot, and the process untimely hurried, you must bring your enjoyment more speedily to an end.”

## VI.—PHYSIOLOGICAL ACTION.

The following judicious remarks are extracted from a Lecture on the Revival of the Turkish or Roman Bath, by T. Spencer Wells, F.R.C.S., delivered at the Grosvenor Place School of Medicine, London:—

“I need not tell you,” says Mr Wells, “how very important is the eliminating function of the skin to the health of the body. The excretion of the skin ought nearly to equal in amount that of the kidneys. In twenty-four hours the skin should throw off from the adult body an average of about 33 ounces of water, 80 grains of saline matter, and about 100 grains of highly nitrogenized organic matter, with some volatile acids. Now, when the action of the skin is suspended or sluggish, a large quantity of water, and saline matter, and organic matter, which ought to be drained off from the blood through the sweat-ducts, is retained, and the kidneys are called upon to fulfil, not only their own function, but that of the skin also. If they do it, they suffer from the extra work. If they do not, then the blood remains charged with an excess of effete matter, and the whole nutrition of the body suffers.

“Then with regard to the fatty matter secreted, and the scales of the epidermis, the quantity varies with the temperature, the degree of moisture in the atmosphere, the food, and the activity of the other secretions, but in a most important degree also with the cleanliness of the skin itself. If the solid matter left by the watery vapour as it passes off be allowed to remain and collect on

the skin, it not only impedes the exhalation of mere vapour, but also interferes with the peeling off of the epidermis. Again, if the scales resulting from this peeling off be not repeatedly removed from the body, similar impediments to exhalation result. If these secretions be allowed to collect, their ducts become choked up, and the secretions cause a sort of pimple or small boil. If some parts of the surface of the body be kept perfectly clean, while other parts are kept comparatively uncleansed, the skin of the former has extra work to do, and it compensates by increased activity for the forced inaction of other portions. It cannot do this without more or less derangement, and, consequently, we see pimply eruptions, increased vascularity, and irregular scaly deposits on the exposed parts of the skin, which are simply the result of overwork, and which disappear when other parts of the skin resume their functions. We may regard, then, this purification of the blood by the elimination of the watery, saline, organic, and fatty secretions of certain of the glands of the skin, as one of the most important of the physiological actions of the bath. The increase of the absorbing function of the skin is probably of considerably less importance. It is certain that oxygen and other gases are absorbed by the skin, and we know that it absorbs water. This leads me to notice again the great difference between the vapour and warm water and the hot dry air bath. In the one case water is absorbed by the skin. We know perfectly well that thirst is thus allayed by immersing the body in either fresh or salt water. In the other case, instead of water from without being absorbed, water from within is poured out in great abundance. Again, evaporation from the skin exercises a regulating influence on the temperature of the body. Suppose one person to be in a vapour bath at 120 deg., and another in a chamber of dry air at the same temperature. The general circulation is quickened in both. The blood-vessels of the skin in general, and those of the sweat glands in particular, receive more blood. More perspiratory fluid is secreted in both. But here the resemblance ends. In the dry air the exhalation rapidly passes off by evaporation, and the body is cooled; but in the vapour bath there can be no evaporation, and the regulating influence upon temperature is lost. Thus, *providing perspiration is established*, a person feels much cooler in a dry air bath at 120 deg. than in a water or vapour bath at the same temperature. People are apt to make a mistake here if they judge by their sensations on first going into the bath. The moist air at first appears the more pleasant. Moistening the skin brings on perspiration more quickly. Until perspiration commences the dry air may be oppressive; but once established, and evaporation commences, the verdict is always in favour of the dry air. Hence the propriety of introducing a little vapour into the Tepidarium. I say little about what is termed 'the respiratory function of the skin,' because I have never seen any very definite account of the relative share of the lungs and the skin in the oxygenation

of the blood. But it is very clear that by increasing the cutaneous capillary circulation, exposing the whole body to the air, and removing all superfluous layers of epidermis, we must favour most materially the respiratory power of the skin. In cases where the lungs or the bronchial mucous membrane is diseased, and the heat and nutrition of the body are suffering from defective arterialisation of the blood, the skin may thus become a compensating organ for the faulty lungs. Perhaps this, together with the soothing effect of the moist air of the Tepidarium upon the air-passages, may explain some of the good effects witnessed in consumptive cases by the use of the bath."

We add a few additional observations on the same subject, taken from a lecture by Mr Wilson, the well-known writer on skin diseases, from whose work on the Turkish Bath we have already drawn so largely, delivered before the British Medical Association, assembled at Torquay :—

"In the judicious hands of the essentially practical medical men of Britain," says Mr W., "I look to see thermo-therapeia (hot-air bath treatment), occupy a useful and dignified place; and I trust that in a short time, in every small village and hamlet in England wherever a medical man is found, there also will be a British thermæ. The medical man will be too happy to make himself the subject of his first experiments, to apprentice himself to an art wherein all is enjoyment; to learn by his own impressions how far he may push the remedy in the treatment of his patient, and how often he may apply it. In his own person he will reap a rich reward; after the cares and anxieties of the day, his thermæ will give him rest and renewed life; his moral atmosphere will be brightened, his spirits revived, his power of usefulness enhanced. On the first few occasions the perspiration does not so readily obey the call as it does subsequently; the skin requires practice to bring it into a perfectly respondent state, to cast off the torpor of a lifetime, and to perform its function healthily. Hence the feelings of uneasiness which occasionally oppress the novice on his first visits to the thermæ gradually diminish, and at last finally cease. But when they do cease, he has the satisfaction of knowing that his whole organization has become strengthened; that the weak heart has become a strong heart, and that his active vitality is augmented. The lungs, which are the great oxydisers of the blood, are in structure very little different from the skin, the differences between them being more those of position than organisation; the mucous membrane of the lungs is an inverted skin, while the skin may be regarded as an everted lung. If consumption is to be cured, the thermæ is the remedy from which I should anticipate the best chance of success. The effects of a thermal temperature applied to the skin are—1. An improvement of organic structure; 2. An improvement

of secreting function ; 3. An improvement in circulation and respiratory power ; 4. An improvement of innervation and sensation. In the climate of Britain, the skin, in many persons, is not brought into exercise for six months of the year ; in many for nine months ; in many, as in women and persons of sedentary habits, scarcely once in twelve months. Now, this being the case, an increased amount of duty is thrown on the liver and kidneys. These latter organs are called upon to perform their own office as well as that of the skin ; and for a number of years they succeed more or less well. But after a time, say about the mid-period of life, the over-worked organs begin to show signs of failure ; we hear complaints of the liver or of the kidneys ; the liver becomes enlarged, fat accumulates in the abdominal region ; hæmorrhoids are developed with congestion of the pelvic organs, and symptoms of plethora abdominalis are established. After the abdominal emunctory organs, come the heart, the lungs, the brain, and the organs of sense, sight, and hearing. The thermal treatment, by unlocking the pores of the skin, gives to the liver and kidneys the opportunity of recovering their tone and resuming their healthy functions ; and the whole of the emunctories, acting in harmony, gradually lead the way to the restoration of the entire system to health. We reduce fat by the thermæ, because fat is an excess, a redundancy, and a result of defective emunctory power. We fatten and bring into condition those that are lean by the same means, because we render nutrition more active and facilitate the absorption of nutrient material from the digestive system. Viewing the operation of the thermæ in this way, we are imperceptibly led to the conclusion that every morbid process, of whatever kind, must be relieved by its use, and we ask ourselves, not, what disease will be benefited by thermæ ? but, what disease can resist its power ? But the usefulness of the thermæ has even a wider sphere ; the Londoner, or the inhabitant of a large city, would live as healthily immured within his city walls as the rustic amidst the fields and meadows of the country. His thermæ would be to him in the place of a country house, of a horse ; it would give him air, exercise, freshness, health, and life. Struggler in the sun and dust of hot July, how you envy our enjoyment ! Toiler in the mud, the slush, the biting winds and blinding sleet of the wintry world without, what would you not give to change places with us ! ”

## VII.—MEDICAL USES OF THE BATH.

In the following extract from a letter written by Dr R. H. Goolden of Sussex Gardens, London, addressed originally to the Treasurer of St Thomas's Hospital, and afterwards inserted in the

*Lancet* for 26th January 1861, the vast importance of the Turkish Bath to the practitioner in the treatment of disease is very pertinently set forth. The subject of the propriety of the adoption of the bath having been referred to a committee of the medical staff, Dr Goolden wrote in its favour, and in requesting the editor of the *Lancet* to give his communication a place in that journal, he says :—

“As what I have stated applies to other hospitals as well, and is possibly of more general interest than that it should be confined to the Governors of St Thomas’s,” and he requests its insertion on the general ground of public utility.

Alluding to personal observations made by him of the effects produced by the bath in a particular establishment in the metropolis, erected “before many edifices of the kind, so much more complete, which have since been established,” Dr Goolden says :—“I went into the bath at such times as that I could observe its effects upon the lower classes, who resorted there in great numbers, not as a luxury, but as a remedy, as they supposed, for disease ; and I considered, however much any one may sneer at my occupation, I could not be better engaged than amongst these people, and studying so interesting a subject, even at some inconvenience. ‘There were often ten people in the hot room at one time, all invalids, and I found them quite willing to tell me all their complaints, and to let me examine them. ‘They were principally artizans, small shopkeepers, policemen, admitted at a small fee. I saw there cases of fever, scarlatina, phthisis, gout, rheumatism (acute and chronic), sciatica and tie douloureux, periosteal nodes, bronchitis, pleurisy ; forms of skin disease—viz., eczema, psoriasis, lepra, impetigo ; diseased liver, dyspepsia, ague, dropsy, with diseased heart and diseased kidneys.

“To expect a cure, or even benefit, in all these cases, would be unreasonable ; but I found relief produced to a far greater extent than I was prepared for. The most marked relief was found in cases of gout, rheumatism, periosteal nodes, and sciatica. Some cases of Bright’s disease were more relieved by the sweating than I had ever seen ; but they produced a most distressing effluvia in the bath, so that it was necessary to change the entire atmosphere of the hot room. Eczema was soon relieved ; psoriasis much benefited, but required a longer and more frequent bath. Bronchitis was relieved at once in many cases ; but it required several baths to cure those cases which were of any long standing. Pleurisy, the only case I saw, received no benefit, and suffered very much distress. Several cases of phthisis said they felt relief ; the cough was quieted, and the night sweats relieved, but I saw no permanent benefit. If any injury supervened, I was not likely to be made acquainted with it as the patients would not return to the bath ; but I should fear that where cavities are formed hæmor-

rhage or bleeding from the lungs would be very likely to result. My inference is drawn from a single case, to which I shall allude presently. I saw a number of children suffering from scarlet fever who were brought down daily. I will not pledge myself that the bath exerted any beneficial influence; but the cases, many of which were very severe, *all* recovered rapidly, and left no serious results. One case of typhoid fever was much relieved. This is what one might expect, because this form of fever is unknown in the tropics; but what struck me as most remarkable was the influence of the hot room in quieting the circulation in some cases of palpitation of the heart. Some cases that I saw were decidedly injured by the bath; but they were such as one would expect would be so injured. One was a case of diseased liver, who suffered pain in the right shoulder, and supposed that pain to be rheumatic; but, on the other hand, I have seen cases of severe dyspnoea and sluggish liver most satisfactorily relieved by it."

"In my private practice I have prescribed these baths, and I have found them to afford very great relief in some cases of chlorosis (green sickness), and in a form of chronic inflammation of the stomach common to young women. Common catarrh is cured at once; and the weekly use of the bath diminishes, or altogether suspends, liability to the attacks. Common catarrh includes what are called colds in the head, quinsy, sore-throats before suppuration, the common winter coughs, and some forms of diarrhoea. Pains in the muscles after excessive and unusual fatigue are removed; and those who suffer pains in the seats of old injuries upon slight changes of the weather, lose those pains entirely. The influence on gout is very remarkable. During the acute attack the pain entirely leaves the patient when he has been some time in the hot chamber, and during the perspiration; but the pain usually returns as he cools down afterwards, though with considerably less intensity, and each bath perceptibly improves the patient. I find, however, that draughts of a solution of bi-carbonate of potassa and nitre greatly facilitate the effect of the bath."

## VIII.—OBJECTIONS ANSWERED.

Some popularly entertained, but perfectly unfounded and groundless objections to the safety of a general use of the Turkish Bath, are well discussed and completely disposed of in the following extract from the lecture by Mr Spencer Wells, F.R.C.S., from which we have already quoted:—

"One of the most common objections raised to the bath is the fear that the transition from a heated room to the open air may

give cold. But experience proves that this fear is groundless, provided ordinary precautions be taken; and a little reflection will show you *why* it is groundless. The skin of the face, which we habitually leave uncovered and exposed to rapid alternations of heat and cold, receives no unpleasant impression from a current of cold air after leaving a hot room. But the rest of the body is kept covered up from the light and air, and unnaturally heated, and therefore loses its normal sensibility and its natural power of supporting changes of temperature without discomfort or injury. The habitual use of the bath tends to restore the normal properties of the skin. When the body is thoroughly heated, it is enabled to resist cold; when perspiration is going on freely, a stream of cold water is only a pleasant mode of producing contraction of the structures of the dermis. Any feeling of chilliness passes off at once on returning for a few minutes to the hot room; and then, as perspiration again commences, the bather may pass to the cooling-room with perfect impunity, and with a skin which, with each succeeding trial, becomes more and more habituated to alternations of temperature—in other words, with unnatural susceptibility to cold corrected. Something of the same sort might be said of the mucous membranes of the air-passages, so that persons who have been subject to colds or bronchitis on the slightest exposure to a draught or cold air, do not suffer at all from such exposure after the use of the bath.”

The following additional answers to some popular objections occur in a lengthy article on the Turkish Bath in the *Cornhill Magazine* for March 1861, and, taken in conjunction with the reply of Mr Wells, leaves nothing to be desired in thorough exposure of such fallacious notions:—

“Everybody who has tried the bath knows that it renders the flesh firm; yet some say that it is weakening; but if air be the food of life, it is not likely, seeing that we cook all our food, that the addition of heat to air will render it weakening. Perspiration is connected in most minds with exhaustion, because it accompanies exertion, and is also a symptom of certain debilitating diseases. But to judge health from disease is absurd; it is to condemn the blooming cheek of health, because the consumptive is hectic. The perspiration of exercise has been shown to be a cause of longevity; healthy perspiration is always hot; muscular exertion generates it, because it *first generates heat*. The perspiration is a sign of heat generated, and not of fatigue. It is the exercise of volition that wearies. Involuntary action, such as the pulsation of the heart works unceasingly, but never tires. One practical proof is the health of the bath attendants in Turkey, who daily spend eight hours at least in the bath, and are remarkable for health, vigour and longevity. The *Hunmal*, or porter, on quitting the profuse perspiration of the bath, will place a load of five hun-

dred weight on his back without assistance, and carry it lightly off. The bath and shampooing afford relief almost magical to a man suffering from the most severe fatigue, after journeying hours and hours on horseback. 'Well can I recall,' says Mr Urquhart, 'the *Hamam* doors which I have entered, scarcely able to drag one limb after the other, and from which I have sprung into my saddle again, elastic as a sinew, and light as a feather.' The utility of shampooing is said to receive singular confirmation in the Sandwich Islands. Stature there distinguishes the classes; and the chiefs, who are the largest and best-grown men, are *shampooed after every meal*, and frequently at other times."

## IX.—NECESSITY FOR EFFICIENT SUPERVISION.

To the minds of many persons, no doubt, the value of having adequate general, and, in certain special instances, medical supervision, will be apparent. The following three professional opinions on this vital point will place this matter in its true light. It is only requisite farther to add that, in the Institution at 89 Princes Street, this essential particular, in both of these respects, is fully provided for. In the *Lancet* for 12th January of the present year, E. J. Tilt, Esq., M.D., of Grosvenor Street, London, writes to the Editor:—

"At all these public baths there ought to be a head attendant, whose only duty should be to look after the 'novices,' so as not to leave them too long in a temperature of 170 deg.; for I have seen some, seemingly healthy men, faint in a temperature of 120 deg., on first taking the Turkish bath. Once, at an inferior class bath, finding the temperature excessive, I looked for the thermometer, but there was none; and I explained to the attendant that a coroner's inquest might be very disagreeable. At a private institution, otherwise well arranged, a flue passes under the brick floor, and heats part of it so highly, that it chars the wood that may be placed upon it. I was in the act of placing my naked foot upon this '*actual cantery*,' when the attendant caught hold of me, and saved my skin. At all these institutions there are very good attendants, but some are unmerciful in their mode of shampooing, and press upon your chest as if they wished to break half a dozen ribs; indeed I have heard that this accident has actually occurred, but I do not guarantee the report. I have taken Turkish Baths at Constantinople, Cairo, and Damascus, and I have, therefore, been shampooed *secundum artem*—that is, in the gentlest,

quietest, and most patient manner possible; and I protest against the tremendous energy with which the poor human body is thumped and battered and crushed by some of the shampooers in our public Turkish Baths."

In an article on the Turkish bath, which originally appeared in *The Dublin Hospital Gazette* (subsequently reprinted), by W. J. Cummins, Esq., M.D., Edinburgh, Member of the Royal College of Surgeons of Edinburgh, &c., the writer says:—

"The Turkish Bath is powerful in disease, and for that very reason should be regularly prescribed, and its effects watched by the physician."

In *The Lancet* for 19th January last, Dr R. Wollaston, Physician to the South Staffordshire Hospital, from whom we have already quoted at pages 6, 7, and 8, writes to the Editor a letter on the subject of "the proper heat of the bath," from which the following is an excerpt:—

"I have had the Turkish Bath more than twenty times in Constantinople, and perhaps at least a dozen times in England and Ireland. My own observations lead me to say that I do not think there can be an absolute temperature suited to everybody alike, as many individuals bear heat so much better than others. As a general rule, persons in health bear it better than delicate, nervous invalids can do; and it becomes especially important that invalids do not enter very hot chambers. Under ordinary circumstances, in the first chamber (and this first or preparatory chamber should never be omitted in the construction of the bath) the temperature may be about 110 deg. Fahr. The second chamber is much hotter, and here the temperature may, on an average, be raised to 150 deg., but not to exceed 160 deg.; for it is much safer that the process of sudorification should be somewhat slower than that the life of a person should be risked by an excess of heat, which might occasion fatal faintness, or rupture a bloodvessel. These accidents are, however, comparatively rare, as I have been in baths of 170 deg. to 180 deg., which I by no means recommend to others. While every precaution is necessary to guard against fatal results, either from too much heat, or from persons entering these baths without previous advice, *yet the legitimate use of the bath cannot be objected to on the ground of a possible catastrophe*, any more than what happens every day amongst the casualties of life in railway and steampacket travelling, and even riding on horseback. The death of the Duke of Orleans, and of the late Sir Robert Peel, did not lessen the number of gentlemen attending hunting appointments all over the kingdom."

## X.—A PRESERVER OF THE HEALTH, AND BEAUTIFIER OF THE COMPLEXION.

Towards the close of the year 1858, a Turkish Bath was established, by means of private enterprise, in the large iron manufacturing town of Sheffield, and Dr John Le Gay Brereton, M.R.C.S.E., L.S.A., of Bradford, who had devoted much attention to the subject, delivered a lecture "on the Turkish Bath in Health and Disease." Dr Holland, an old and well-known and highly-esteemed practitioner of Sheffield, occupied the chair, and the lecture was reported at length in *The Sheffield Argus*, and subsequently reprinted. From the peroration we extract the following paragraph, as an exceedingly appropriate conclusion to "our professional opinions":—

"The Turkish Bath," says Dr Brereton, "rests on its own merits, and by these merits judge it. I have said enough to satisfy you that it demands your investigation. If after a trial you find that I have not spoken the truth, then condemn me, and reject the bath. If on the other hand you find, as you will, that I have spoken *within* the bounds of facts, then do all in your power to help forward the good cause, and to place the bath within the reach of all classes. If you want to live long and healthily, I again say, take the bath. If you want to save doctors' bills, take the bath. I do not say that it altogether supersedes medicine. Every poison has its use, and I am well aware that for local effects hydropathic appliances are also often necessary; but I do say that in a vast majority of, if not in all blood diseases, it is speedier, more certain, and far more agreeable than any other treatment of disease. Above all this, it is the preserver of health. In conclusion, a justly potent argument with the ladies, it heightens every personal charm. The complexion becomes clearer under it, the eyes brighter, and the person positively fragrant. Homer does not exaggerate when he describes Achilles, on issuing from the bath, as looking 'taller, and fairer, and nearer the gods.'"

## SELECTED OPINIONS OF THE NEWSPAPER PRESS.

The newspaper press generally have written favourably in reference to the re-introduction amongst us of the Turkish Bath, and the following special critical notices regarding the arrangements at 89 Princes Street have appeared in the under-mentioned Edinburgh and Scotch provincial journals:—

(From the "Ladies' Journal," June 22, 1861.)

"The lovers and approvers of this Eastern luxury will be glad to learn that the establishment of these baths on the north side of our city is no longer doubtful, but that the arrangements connected with their management are now all but satisfactorily completed, and they will shortly be opened by Dr Allshorn, in elegant and commodious premises, 89 Princes Street; and from the care bestowed on their organization, as well as the liberal patronage already bestowed on their promoter, there can be no doubt of their ultimate success. Already a similar institution has been opened at Sciennes Hill, and, we understand, is fast achieving the well-merited approval of its patrons. Prejudices against what to the majority must eventually prove beneficial results, are now out of place, and it cannot be denied, with the prospect of so speedy a trial of its merits and demerits within our reach as that which Dr Allshorn's system will shortly afford, that at present it would be as rash to censure without cause as it would be impolitic to condemn without experience. In Dublin, and indeed throughout Ireland, as well as in many of our English cities, the Turkish Bath has already supplied a recognised and indispensable desideratum; and when brought to our doors, with all the appliances which skill can suggest, or art devise, we have no fear of the result when fairly submitted to full and impartial investigation. From a personal inspection of the *Sudatorium*, kindly favoured us by the courtesy of the proprietor, we can cordially testify to the care which has everywhere been bestowed upon its erection. An elegant *Lavatorium* attached affords every conceivable *douche*, and the *Frigidarium*, though of moderate proportions, is admirably constructed, and reminds us forcibly, though on a much smaller scale, of the magnificent baths in Temple Street, Dublin."

(From the "Daily Review" of July 8.)

"A new establishment for providing the Turkish Bath in its integrity has just been opened at 89 Princes Street. It is the most complete thing of the kind we have seen anywhere—not the largest perhaps, but provided with the most extensive apparatus and furniture for enhancing the luxury of the Turkish Bath. The importance of securing full ventilation in the *Sudatorium* seems to be well understood, and the shampooing and washing processes manifest both experience and ingenuity on the part of the operator. Apart from sanitary considerations, it would be difficult to contrive a more pleasant way of spending a spare hour than by a lounge in the Princes Street Turkish Bath."

(From the "Kelso Chronicle" of 19th July.)

"This bath is now becoming a favourite resort on account of its renovating influence on the system. Having paid a visit to the Turkish Bath in Princes Street, Edinburgh, under the superintendence of Dr Allshorn, and gone through all its stages, we can

speak from experience of the luxurious, refreshed, and vigorous state of the system which followed. The arrangement of the bath is perfect in every respect, and great taste has been displayed in its decoration, the heated air being free, and the ventilation so very pure, at the temperature of about 100 degrees in one room, and 150 in another, produced no oppression whatever—on the contrary, the feeling was very grateful. The comfort of the bathers seems to be the great consideration here. The *Lavatorium*, or water chamber of the bath, is the most complete thing we have ever witnessed, as there are ‘roses’ playing beautiful streams of water, so adapted that every part of the body may be struck with hot or cold water at the same moment. The feeling of the alternation of a hot and cold spray all over the body at the same moment is really delightful.”

(From the “Caledonian Mercury,” 29th July 1861.)

“An interesting addition has just been made to the health-imparting agencies of the city through the erection, by Dr Allshorn, at 89 Princes Street, of all the machinery incidental to the proper establishment of Turkish Baths. Hardly anything could be more welcome in the social condition of all large cities than dozens of such institutions; for they contribute at once to curative and purifying results. Considerable progress has been made of late in fitting up these baths; and no end can be anticipated to their improvement. Meanwhile, Dr Allshorn has availed himself of the lessons of experience, and has followed closely the recommendations of the highest authorities in such matters—men such as Dr Erasmus Wilson, whose written opinions have gone far in enlisting the help of the medical profession, and the now very generally expressed good wishes of its members. Somehow, however, there are a few who associate with a Turkish Bath a series of fainting fits and physical prostrations. There are instances where such have occurred, just as, for example, some people become hysteric on sight of blood, or like other people again, who, on seeing two magpies together, remain nervous throughout the whole of the day; but to associate any ailment whatever with the real and general enjoyment of a Turkish Bath, is out of the question, particularly when, as in the present case, the whole process of bathing is under medical superintendence. We have no intention to describe the *modus operandi* followed from the time the bather leaves the street till he returns to it again, since all this has been done already in the magazines and medical journals, and in our own columns some time ago, when speaking of the establishment so ably conducted by Dr Lawrie. Suffice it that Dr Allshorn will soon find his premises too small; indeed, he has anticipated this by acquiring additional building ground on which to extend his present accommodation, which in every respect is admirably well arranged. Already large numbers are availing themselves of the opportunity now afforded them by the central position which has been chosen, of turning in for an hour or so

to woo health by the enjoyment of pleasingly new sensations, under the auspices of the doctor. If it were at all possible, it would be a step in the right direction to multiply in cities such as this similarly elegant and, as we have said before, health-imparting institutions. Such a movement is possible only on the one condition, that those already in existence have that amount of public support which all measures of the kind so thoroughly deserve. If by any means—whether as a quaint writer observes, speaking of the Turkish bath—a man or a community is to be ‘boiled or roasted into physical enjoyments never before experienced,’ such means deserve at least fair and candid consideration if suspected; but nobody has ever experienced the process alluded to without desiring to undergo it anew, and that circumstance augurs the happiest success to the efforts of such men as Dr Allshorn and Dr Lawrie.”

(From the “Scotsman” of Thursday, 8th August.)

“For central convenience of situation, and the completeness of all the arrangements for ensuring the comfort of visitors, and realising in all their perfection the salutary results and the delicious sensations, corporeal, and mental, attributed by poets, travellers, and physiologists to the famed *Thermae* of classical times, and the public *Hammams* of Oriental nations in the present, we can hardly conceive of anything, on a moderate scale, to surpass the establishment fitted up by Dr Allshorn. As the twofold appellation, ‘Roman or Turkish Bath,’ indicates, the plan and arrangements of the ‘Turkish Baths’ now being introduced into this country are derived from more than one source. The division of apartments is chiefly taken from the public baths of ancient Rome, but the processes are (with some variations and improvements) copied from those in use at the present time amongst the Turks. We have accordingly the Vestiarium, or undressing and dressing rooms; the Tepidarium, where the bathing process is commenced by the head and feet of the neophyte being subjected to a balmy shower of tepid water; the Calidarium or Sudatorium, the polished wooden floor of which is pierced with multitudinous holes, and where he reclines upon a bench or couch, in an atmosphere of 120 or 130 degrees, until the perspiration bursts from every pore, gathers into beads, and runs down in copious streams; the Laconicum, where the temperature is increased to 150 degrees, and the patient is subjected to an elaborate shampooing process by a most attentive and efficient attendant; the Lavatorium, where he is lathered with Turkish soap, and deluged with copious showers of hot, tepid, and cold water, winding up with an overwhelming *douche*; and, lastly, the Frigidarium, where, enveloped from head to foot in a single sheet, he reposes, ‘wrapped in Elysium,’ and imbibes coffee *a la Turque*, until he feels inclined to resume his habiliments. When he does so he will experience a delightful feeling of refreshment, vigour, and bodily comfort, well worth the expenditure of the time and cash which the process requires.

"Dr Allshorn has this week commenced an extension of his bathing premises, which, when completed, will include a number of new dressing apartments (the arrangements for which are at present rather cramped for want of space), and a smoking-room, where those who choose may enjoy their meerschaum or eigar after the bath."

(From the "Edinburgh Evening Post and Scottish Record," of 10th August 1861.)

"Much has been said and written in favour of the Roman or Turkish bath, and we must confess that we have ourselves been most sceptical in the matter until tempted by a friend to participate with him in the luxury of the bath. We found the operation, to our great satisfaction, most delightful and luxurious in the extreme. It is very invigorating to the system, giving that elastic feeling to the bather, which, while so pleasureable, is yet difficult to describe. We have no doubt that it will become a general favourite, and be patronised as much by our modern public as originally by the Romans. We are glad to find that its introduction into this city has been undertaken and carried out by Dr Allshorn on such a superior system of ventilation and heating, together with the extreme comfort and style displayed in all the arrangements. The shampooer is a most able and attentive hand. His attention to bathers, combined with the method in which the whole establishment is conducted, will guarantee that success of which such an enterprise is deserving, and we would strongly recommend those who have not already indulged, to give this Turkish Bath a trial, feeling satisfied that they will experience the same benefit and delight we have ourselves enjoyed."

(From the "Falkirk Herald" of August 24, 1861.—From our *Edinburgh Correspondent*.)

"In consequence of the numerous articles that have appeared from time to time, in the various periodicals, praising the Turkish Bath, I was desirous to add my personal experience on the subject. Being much fatigued, indeed, I may say entirely used-up, from hard work and great pressure of business, I made up my mind to indulge in this Eastern luxury. On my arrival I was salaamed in by a tiny boy about three feet high, habited in Oriental costume (whom I heard addressed very appropriately by the name of Mustapha), who ushered me into a neat small dressing compartment, fitted up with a looking-glass, a chair, brushes, and every little requisite for the toilet. I was there taken in hand by the shampooer, who brought me a kilt and a sheet, which, after I had undressed, he requested me to don. Thus prepared, I was shown to the *Lavatorium* where the application of a most delicious *douche* to all parts of my person was most refreshing. I was thence led to the *Tepidarium*, to recline upon a couch, there to undergo the process of perspiring. This was a perfect Elysium of delightful sensations. Here I met some six or seven others going through

the same ordeal, all of whom, without exception, I ascertained to be as much pleased as myself, some of them telling of the most wonderful cures of rheumatic affections and colds they had known to be removed by the Turkish Bath. After having my pulse occasionally examined by the attendant, I was then pronounced ready for the *Sudatorium*, where the shampooer commenced his manipulations, and after kneading my muscles, and cracking my joints, I was reconducted to the *Lavatorium*. Here again the ablutions were deliciously refreshing, and this process I consider deserving of particular commendation. After this cleansing, I was wrapped in a sheet, and handed to a couch in the *Frigidarium*, where I was again salaamed and requested to partake of coffee, furnished in the real Turkish fashion. After partaking of this refreshment, and allowing myself to cool, I was then permitted to resume my ordinary habiliments. I thus completed my participation in the greatest luxury which I ever enjoyed. The attention, civility, and cleanliness of the whole establishment are remarkably agreeable, and the entire arrangements seem of a highly satisfactory character. It may not be out of place here to add that I saw the opinions of many medical men and others, expressed voluntarily, in a book which lies about the room for the inspection and perusal of visitors. Really, these baths are well worthy of a visit, whether by the sickly or the individual in comparatively good health."

(From the "Edinburgh Evening Courant" of 26th August 1861.)

"On the antiquity of the Roman, or, as it is more widely and popularly known, the Turkish Bath, all are agreed who have bestowed any attention on the subject. That it is not an invention of these latter days, the remains of ancient *thermae* still existing in Rome, Pompeii, Normandy, and some of the southern counties of England, conclusively establish. With respect, however, to the merits of the bath, as a health-giving agent, it cannot be said that a similar unanimity prevails. Like all innovations (for it is an innovation, in the sense that it is new to us), and especially those which have about them a flavour of 'importation,' it has had, and has even yet, much to contend with—the fervour of over-enthusiastic friends, we fear, operating no less prejudicially than the open condemnation of avowed foes. So general is the suspicion with which the Turkish Bath is viewed, that the feeling in the case of many persons by whom the insinuation of valetudinarianism would be gently 'pooh-poohed,' has developed, we are afraid, into a lurking but causeless dread of its harmful effects. It were surprising, indeed, had it been otherwise. There are few things which leap into the public favour at a bound; and until the bath is properly known and understood, it cannot be properly appreciated. It is not for us to decide as to its curative properties, or to what extent it may safely and healthfully be adopted by medical men as an auxiliary to their hygiene. These points we leave to the consideration of the medical faculty. It is not beyond our

province, however, to remark that, as a detergent of the human skin, and as a means of refreshing and strengthening the body, the 'Turkish Bath' is undoubtedly unequalled. We have lately had the pleasure of visiting the 'Turkish or Roman Baths' of Dr Allshorn in Princes Street; and perhaps a short description of this valuable accession to our sanitary institutions, and of the treatment pursued therein, may help to dispel the feelings of dubiety and aversion to which we have alluded.

"In the outer corridor, which is finely draped and decorated, a little boy, who strives very hard to look comfortable in the flowing robes of a diminutive Turk, awaits the bather, and leads him to the *Vestiarium*, or dressing-room. After doffing his clothes here, and girding himself with a small calico kilt, the bather is conducted into the *Lavatorium*, where a preliminary damping of the head takes place with finely perfumed tepid water. Next, he is ushered into the *Tepidarium*, or heating-room, the temperature of which is 100 to 104 degrees Fahrenheit. Around three sides of this apartment is ranged a long hollow couch or bench, with a wickerwork top, and a neat mahogany fretwork running along in front. The heating apparatus—a series of double flues so constructed as to insure the required degree of heat, combined with the greatest purity of air—is placed underneath, and pleasantly diffuses the hot air through the numerous orifices of the couch. In baths erected on the old principle, as it is termed, the caloric is generated below the floor—a plan which is said to increase the difficulties in the way of effecting good ventilation, and necessitates the wearing of wooden pattens to protect the bather's feet from being scorched. Dr Allshorn, with a view to secure the healthiness of his bath-rooms, and the comfort of the bathers, has adopted the newer and better arrangement in the *Sudatorium*, as well as in the *Tepidarium*. Both of these chambers, we may here remark, are tastefully and pleasingly embellished on the walls with decorations after the Eastern style; they are provided with stained glass windows, and are paved with Minton tessellated tiles inlaid in fanciful designs. In the *Tepidarium*, the bather reclines upon the couch already referred to, until his body is in a copious perspiration—a process which effectually opens the pores, and through them eliminates all the impure secretions which may be hidden under the epidermis. Thence, when his body has undergone the proper degree of sweating, the bather is taken into the still hotter atmosphere of the *Sudatorium*, the temperature of which is 130 to 150 degrees, where the decidedly Eastern operation of 'shampooing' is gone through. This embraces an indescribable but exhilarating amount of rubbing, wrenching, and kneading, which only requires to be experienced twice or thrice to be beneficially felt and heartily relished. With his skin in a ruddy glow, the bather is then reconducted into the cooler temperature of the *Lavatorium*, or washing-room. Projecting from the wall of this apartment is a large 'rose,' perforated with innumerable minute holes, through

which the water flows in delicious showers of spray. First, the bather, who stands opposite this jet, is well washed with soap and tepid water; then, by a contrivance as curious in its construction as it is pleasant in its effects, the temperature of the liquid is gradually, slowly, and almost imperceptibly reduced, till it reaches a state of coldness. This over, several other applications follow of still colder water—the whole terminating with a sousing *douche*. After the exercise in the *Sudatorium*, this treatment is very welcome, and it produces the most exquisite and pleasing sensations. Again entering the *Tepidarium* for a short space, the bather's head is carefully dried; he is then enveloped from crown to sole in a white linen sheet, and in this rather strange garb proceeds to the final stage of the treatment in the *Frigidarium*, or cooling-room. This room, like the last, is very tastefully ornamented, and has fine stained-glass windows. A number of moveable couches are arranged in it—on one of which the bather reclines until the external moisture on his body has been completely absorbed or dried up, and the pores closed. While thus reclining, he is regaled with a service of coffee—which must, judging from its strength, aroma, and excellence, be prepared after the true Mussulman caravanserai fashion. On emerging from the somewhat prolonged luxury—occupying, as it does, upwards of an hour and a half—the bather is conscious of a wonderful improvement in his body. The skin is cleansed pure and white; the limbs and joints receive new suppleness and elasticity; the spirits feel of a light and buoyant tone; and the whole system is greatly invigorated.

“The ventilation—so vital an object in an atmosphere artificially heated—is perfect. Both in the *Tepidarium* and *Sudatorium* the system adopted is so complete that the air is soft and genial; the respiration is not impeded, but proceeds freely and regularly; and there is a total absence of any feeling of stifling oppressiveness, which is too commonly the result of breathing heated air. The medical and other attendants are both careful and courteous; while the general arrangements are highly satisfactory, and conduce greatly to the comfort of the bathers.

“A book wherein the bathers may voluntarily inscribe their opinions is kept by Dr Allshorn; and it is perhaps worthy of notice that the greater portion of the opinions already recorded have been penned by medical men. All are highly eulogistic, and the value of many of them is increased by the fact that the writers have enjoyed the bath in such places as Constantinople, Smyrna, Cairo, and other towns in the East.”

# XI.—SELECTED OPINIONS BY VISITORS.

(Voluntarily Offered).\*

## 1. BY MEDICAL GENTLEMEN.

“Having tried several of the baths in London, I have found none of them equal to these. The arrangements of both the Sudatorium and the Lavatorium are, I believe, unrivalled.

R. N. R., M.D.”

“I have this day, for the first time, taken a Turkish Bath, which I have enjoyed much. The bath in this establishment appears to me to be exceedingly well arranged, the ventilation everything that could be wished, and the attendance excellent.

J. B., M.D.”

“I have to-day had a Turkish Bath for the first time, and have derived great comfort from it. I have much pleasure in testifying to the excellence of the arrangements, and the kindness and attention shown to me.

M. T., M.D.”

“For the first time I have to-day taken a Turkish Bath. I have enjoyed it very much, and I consider that much benefit may be derived from their use.

J. K., M.D.”

“I have had experience of the Turkish Bath in the East, in Smyrna, and elsewhere, and can certify that these baths are equal to them in all essentials, while in point of arrangements for cleanliness and general comfort they are far superior. M. R., M.D.”

“I have had several Turkish Baths in the East and in Ireland, and the one I have just taken in this establishment has given me more satisfaction than any I have had before. The mode and use in the application of the *douche* to all parts of the body is deserving of particular commendation, as is also the perfect system of ventilation, and the patient being able to walk through all parts of the bath without slippers bare-footed.

A. L., Surgeon.”

“I have just had a Turkish bath at Dr Allshorn’s establishment, and I must say that I never experienced anything so charmingly delightful. I consider these baths to be in the highest degree beneficial to health.

R. M. R., M.D., L.R.C.S.E.”

\* The book containing the opinions of bathers lies in the Bath Room, and may be consulted by any one in verification of the extracts here inserted which are holograph of the writers.

"I have this day used the Turkish Bath in this establishment, and I found it most agreeable. Now, while writing, I feel refreshed, and about one-half stronger than when I entered the establishment.  
J. D., M.D."

## 2. FROM NON-PROFESSIONAL GENTLEMEN.

"I have just enjoyed the luxury of Dr Allshorn's Turkish Bath, and an undoubted luxury it is. I have had many baths, but never one so truly delightful. The purity of the ventilation is evident from the first entrance, and the shampooing department is exquisite.  
J. R."

"Having on several occasions used the Turkish Bath at this establishment, it affords me much pleasure to say that I have found the ventilation most complete, and the *Sudatorium* most effective, the attention also excellent. Having taken the Turkish Baths in the East, I speak not without experience on the subject.  
J. M."

"I am very pleased to bear testimony to the excellence of these baths. Having had baths frequently in this country and in the East, I am able to say that none which I have seen are at all to be compared with these.  
J. M."

"I have tried the Turkish Baths at Pimlico, and Baker Street, in London, but these baths are better than any.  
W. J. G., Colonel."

"I have had Turkish Baths in the East in more gorgeous apartments than those, but I never had a more agreeable one.  
J. B. H."

"I have had Turkish Baths in the East, and in this country on several occasions, but never one with so much comfort as in this establishment.  
H. D., Lieut. R.N."

"I am very happy to testify to the excellence of the baths in this establishment, and from experience of baths of the same description in different Eastern countries, can affirm that they are well able to bear comparison, as far as the arrangements and attendance are concerned, with any.  
J. M. S., Commr. R.N."

"I have now taken several baths here, and always find myself strengthened and refreshed by the process. It is a very pleasant way of getting rid of a cold. I note that this bath is constructed without any burning hot floor, so that the common wooden clogs are not required here at all, leaving nothing to be desired as regards safety and comfort.  
H. H. B."

"I have had Turkish Baths in London, Dublin, and other towns, but none have surpassed, in any respect, Dr Allshorn's. J. B."

"Having visited several baths in England and Scotland, I have nowhere bathed with greater pleasure than in Dr Allshorn's. Having been through Mr David Urquhart's own private bath, I feel convinced that the arrangements in Princes Street would meet with the approval even of that gentleman, whose standard is a high one. D. S."

"I have had experience of the Turkish Baths in Cairo and elsewhere, and have much pleasure in stating that the bath I have just enjoyed has been fully equal to any I have had as regards the arrangements, and decidedly superior in point of ventilation, which appears to be as perfect as it possibly can be made. J. A. B."

"I have much pleasure in adding my testimony to the excellent arrangements of these baths in every possible respect, whether one looks to the comfort, or ventilation, or the attendance; all these being superior to all the baths I have taken in other places, and even in London. F. W. G."

"I can give my decided testimony to the superiority of these baths. They are more orderly, better ventilated, and the various arrangements are in every way more perfect, than in almost any other I have been in. I can also testify to the kindness, attention, and civility of the shampooer, and all connected with the establishment. M. H. L."

"I have taken Turkish Baths in several places, and consider those given here quite equal to those at any other establishment. The washing department is very complete, and the shampooing unusually good. G. F. M. B., late Lieut. 17th Regt."

"We have to-day had a Turkish Bath each, at Dr Allshorn's, and found it as agreeable and refreshing as report led us to expect. P.R.W.  
J. S."

"We beg to testify our high esteem of the Turkish Bath at this establishment, and heartily wish the proprietor every success. R. E., Chelsea, London.  
R. G. E., Ruthin, N. Wales."

"Having this day tried a Turkish Bath, I beg to testify to its pleasing and good effects, and to the good arrangements of the establishment. A. D., Capt. of Engineers."

"I have tried the Turkish Baths in Dublin, Manchester, and other places, but I find Dr Allshorn's in some respects superior to any of them, particularly as regards the ventilation, and the way in which the water is applied. The shampooer is one of the very best I have seen.  
A. S., W.S., Edin."

"I have just had a Turkish Bath, and I cordially concur with those who have already expressed their opinion as to the excellence and comfort of this establishment.  
A. W."

"I have been very much satisfied with this establishment in every respect, and particularly with the drench and the shampooing.  
G. B."

"We have great pleasure in bearing testimony to the extreme comfort of the bath, also to the attention of the staff.

S. L. O., Roundhey, near Leeds.

A. H., Trin. College, Cambridge."

---

**THE EDINBURGH TURKISH BATHS,**  
**89 PRINCES STREET,**  
**UNDER MEDICAL SUPERINTENDENCE.**

---

Open daily for GENTLEMEN, from 7 A.M. till 10 A.M., price 2s. 6d.; and from 11 A.M. till 5 P.M., price 5s., (*except TUESDAYS and FRIDAYS, from 10 noon till 2 P.M.*); and also, for GENTLEMEN, from 6 P.M. to 10 P.M., 2s. 6d. An experienced Shampooer is in constant attendance.

For LADIES, on TUESDAYS and FRIDAYS only, from 10 A.M. till 12 noon, price 2s. 6d.; and from 12 noon till 2 P.M., price 5s., for whom there are a lady's maid and female Shampooer.

---

ELECTRO-GALVANIC. MEDICATED. HOT OR COLD BATHS.  
HOT AND COLD DOUCHE.

(ALWAYS READY.)

ARTIFICIAL BATHS—MINERAL, ACID, ALKALINE OR SALINE  
BATHS MAY BE HAD AT A SHORT NOTICE.